

Reset – Original Strength

These exercises will help with balance, strength, memory, focus, sleep, and staying well/preventing relapses. Best done morning to start your day and in the evening to end it. Easiest to perform on carpet with shoes off.

Breathing (8-10 deep breaths) in and out through nose, tongue at roof of mouth right behind front teeth, using your diaphragm. Don't breathe with your traps. You should do this during all of these exercises - MOST IMPORTANT!!!!

Eye Control (8-10x) clockwise, counter clockwise, up-down & left to right

Head Control (8-10x) clockwise, counter clockwise, up-down & left to right

Rolling Over (8-10x) from back to stomach

Head Nods/Head Rotations (8-10x) up on elbows

Rocking – back and forth and side to side (2-5 mins)

Crawling/Bear Crawl (2-5mins) – opposing hand and knee movement

Bird Dog (3x10) on hands and knees – lifting opposing arm and leg

Dead Bug (3x10) on back – knees and arms up – dropping opposing arm and leg